ABSTRACT

A method and system for proposing and providing nutritional supplementation for a person comprising the steps of receiving personal information, e.g., relating to health and diet, about the person, determining a health model for the person, determining an effect on the health model for at least two nutritional supplements, optimizing a proposed nutritional supplementation for the person based on the personal information about the person and effect for the at least two nutritional supplements, through employment of the health model, and outputting a proposed nutritional supplementation including amounts of at least two nutritional supplements. The system may also receive economic considerations, e.g., a budget, for the nutritional supplementation, and further optimize the nutritional supplementation based on the economic considerations.

Szabo

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